





PATIENT NAME:

NEXT APPOINTMENT:

DATE:

	TIME		FOOD		DRINK		DIGESTIVE SYMPTOMS
e.g.	12:00	L	chicken sandwich with avocado, white bread	coffee + 2 sugars			bloated and tired
DAY 1		B					
		L					
		D					
		S					
DAY 2		B					
		L					
		D					
		S					
DAY 3		B					
		L					
		D					
		S					
DAY 4		B					
		L					
		D					
		S					
DAY 5		B					
		L					
		D					
		S					
DAY 6		B					
		L					
		D					
		S					
DAY 7		B					
		L					
		D					
		S					

**Examples:** Drinks = tea, coffee, water, juice, soft drinks, alcohol

Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy

**B** = Breakfast








**L** = Lunch

**D** = Dinner

**S** = Snacks

# FOOD LIFESTYLE DIARY

This food and lifestyle diary will help you track your daily eating habits, and become more aware of your moods, discomforts and activity levels.

	 ENERGY	 STRESS	 ANXIETY	 EXERCISE	 SLEEP	 MOOD	 BOWEL MOVEMENT
	e.g. 2/10	e.g. 2/10	e.g. 2/10	e.g. walk, 30min	e.g. poor, medium, great, interrupted	e.g. happy, sad, angry	e.g. loose, well-formed, hard
DAY 1	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 2	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 3	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 4	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 5	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 6	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =
DAY 7	<div><div></div>10</div>	<div><div></div>10</div>	<div><div></div>10</div>	Type =  Duration =			Times per day =

## PRACTITIONER NOTES:



**herb+  
spice**

naturopathy  
nutrition